



National Aeronautics and
Space Administration



Langley Research Center Safety Alert

SA-03-97

Date: May 6, 1997

TO: All Langley Employees

FROM: 429/Head, Office of Safety and Facility Assurance, OSEMA

SUBJECT: Lifting and Slip, Trip, or Fall Injuries

During the first half of Fiscal Year 1997 the number of back injuries has increased due to employees performing office tasks, such as moving or lifting furniture and equipment or boxes and other bulk items. Similarly, the number of slips, trips, or falls has also increased.

The Center has an established physical lifting limit which is outlined in LHB 1740.2, "Facility Safety Requirements." The physical lifting limit at LaRC is 50 lbs. Personal physical requirements may lower the load an individual can safely lift. No individual should ever lift more than their own capability. When lifting loads exceeding 50 lbs. additional personnel or mechanical devices shall be utilized so that no individual lifts more than their limit. The Center's professional moving services should be used when moving heavy furniture.

Remember the following when moving or lifting items:

LIFTING

1. Stand as close to the load as possible.
2. Bend at the knees, keeping your back straight.
3. Grasp the load firmly.
4. Lift with your legs.
5. Hold the load as close to your body as possible

MOVING OR CARRYING

1. Don't change your grip unless the weight is supported.
2. Avoid twisting your body.
3. Don't block your vision, especially when ascending or descending stairs.
4. Push don't pull items. Pushing gives you twice the power.
4. Carry bags/sacks on your shoulder braced by your hand or hip.
5. Roll a heavy barrel if you move it by yourself.

UNLOADING

1. Bend your knees to lower the load.
2. Watch your fingers and toes.
3. Slide the load into tight spaces.
4. Place the load onto surface by resting it on its edge and pushing it forward.
5. Be sure the load is secure before walking away.

To avoid slips, trips or falls remember the following:

SLIPS

1. Watch out for smooth surfaces, such as wet or waxed floors.
2. Don't wait for a spill to dry itself, clean it up immediately.
3. Don't let oil or grease accumulate on shop floors.
4. Repair loose carpeting or floor tiles.
5. Always walk slowly on icy or frozen surfaces.

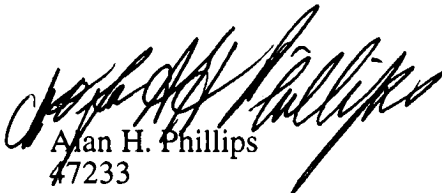
TRIPS

1. Arrange furniture to provide unobstructed walkways.
2. Do not store materials in hallways or aisles.
3. Eliminate electrical or equipment cords from walkways.
4. Don't leave drawers or cabinet doors open.
5. Pick up small items when dropped, such as pencils, screws, etc.

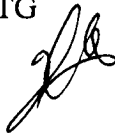
FALLS

1. Ensure work place has sufficient lighting.
2. Repair or replace cracked or worn stair treads.
3. Do not carry large or heavy items blocking your view or preventing the use of hand rails when using stairways.
4. Wear appropriate shoes (nonskid soles or rubber heels are recommended).
5. Use caution when leaning back in your chair. Keep legs on the floor.
6. Don't jump from work platforms to the floor, lower yourself.

You are encouraged to use these techniques when performing your assigned tasks. Thank you for your continued support of the LaRC safety program.


Alan H. Phillips
47233

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THIS NOTICE TO BE POSED ON FACILITY BULLETIN BOARDS FOR A MINIMUM OF 30 DAYS